



OCTOBER 2021
DELIVERY HOURS BETWEEN 11AM-1PM
PLEASE RETURN COLOR COPY BY SEPT 21st!!!

					FRIDAY October 1
Entrée (Please Circle One)					BBQ Pulled Pork Sandwich Or Hamburger on a Bun
Side Dishes					French Fries Baked Beans
Dessert (Please Circle One)					Angel Food Cake Or Chilled Pears
Evening Meal					Chicken Salad on Wheat Lettuce & Tomato Coleslaw Fresh Fruit

_____ (# of days) X \$15.50

_____ Weekly rate for five deliveries per week

_____ Yes, I would like milk with my meal (\$.60/day for 2 milks)

= _____

= \$67.50

= _____

TOTAL:

Norwood Seniors Network

Reshaping Aging®

A non-for-profit organization serving seniors in their homes since 1994

(773) 631-5673



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	MONDAY October 4	TUESDAY October 5	WEDNESDAY October 6	THURSDAY October 7	FRIDAY October 8
Entrée (Please Circle One)	Hungarian Goulash. Or Lemon Pepper Fish	Swedish Meatballs Or Teriyaki Chicken	Breaded Shrimp Or BBQ Riblette on a Bun	Roast Beef w/ Gravy Or Pork Chop w/ Apples & Thyme	Baked Fish w/ Oven Roasted Potatoes Or Chicken Linguine Carbonara w/ Roll
Side Dishes	Egg Noodles Green Beans	Rice Broccoli	French Fries Coleslaw	Mashed Potatoes Peas	Asparagus
Dessert (Please Circle One)	Strawberry Rhubarb Pie Or Mandarin Oranges	Apple Brown Betty Or Chilled Peaches	Sugar Cookies Or Fruit Cocktail Gelatin	Peach Pie Or Chilled Apricots	Peanut Butter Cookies Or Fruit Cocktail
Evening Meal	Bologna & American on Wheat Lettuce & Tomato Pasta Salad Fresh Fruit	Egg Salad on Wheat Tossed Lettuce Salad Fresh Fruit	Pastrami & Swiss on Rye Lettuce & Tomato Potato Salad Fresh Fruit	Turkey & Cheese Sub Tossed Lettuce Salad Fresh Fruit	Ham & Cheese on White Lettuce & Tomato Coleslaw Fresh Fruit

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	MONDAY October 11	TUESDAY October 12	WEDNESDAY October 13	THURSDAY October 14	FRIDAY October 15
Entrée (Please Circle One)	Potato Crunch Fish Or Creole Pork Chop	Roman Chicken Or Meatballs w/Gravy	Tuna Noodle Casserole w/ Dinner Roll Or Meatloaf w/ Tri-Tator Potatoes	Beef Stew Or Chicken Tenders	Chicken Fettuccini Alfredo & dinner roll Or Hot Dog on a Bun & French Fries
Side Dishes	Rice Pilaf Collard Greens	Country Potatoes Green Beans	 Peas	Mashed Potatoes Sliced Carrots	 Broccoli Cuts
Dessert (Please Circle One)	Apple Crisp Or Chilled Peaches	Coffee Cake Or Chilled Pears	Brownie Or Mandarin Oranges	Peach Crisp Or Crushed Pineapple	Peanut Butter Cookies Or Chilled Pears
Evening Meal	Salami & American on White Lettuce & Tomato Pasta Salad Fresh Fruit	Ham Salad on Wheat Tossed Lettuce Salad Fresh Fruit	Chicken Salad on Rye Lettuce & Tomato Potato Salad Fresh Fruit	Turkey & Cheese on Wheat Lettuce & Tomato Coleslaw Fresh Fruit	Ham & American Sub Tossed Lettuce Salad Fresh Fruit

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	MONDAY October 18	TUESDAY October 19	WEDNESDAY October 20	THURSDAY October 21	FRIDAY October 22
Entrée (Please Circle One)	Arroz con Pollo Or Crab Cake, Spanish Rice	Salisbury Steak Or Liver & Onions	Beef Stroganoff Or Orange Glazed Chicken	Polish Sausage on a Bun Or Balsamic Chicken	Vegetable Lasagna Or Turkey Burger on a Bun
Side Dishes	Peas	Baked Potato, Sour Cream Green Beans	Mashed Potatoes Italian Blend Vegetables	Roasted Potatoes & Onions Braised Red Cabbage	Garlic Bread Broccoli
Dessert (Please Circle One)	Cherry Pie Or Chilled Pears	Sugar Cookies Or Crushed Pineapple	Vanilla Pudding Or Fruit Cocktail	Donut Holes Or Mandarin Oranges	Pound Cake Or Chilled Apricots
Evening Meal	Turkey & Cheese on White Lettuce & Tomato Potato Salad Fresh Fruit	Egg Salad on Croissant Tossed Lettuce Salad Fresh Fruit	Tuna Salad on Wheat Bean Salad Lettuce & Tomato Fresh Fruit	Ham Salad on Wheat Lettuce & Tomato Pasta Salad Fresh Fruit	Chicken Salad on Croissant Lettuce & Tomato Coleslaw Fresh Fruit

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Norwood Seniors Network home delivered meals are made in one main production kitchen so we cannot guarantee that food will be produced separately. Norwood Seniors Network cannot be held responsible for any issues resulting from food allergies.

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	MONDAY October 25	TUESDAY October 26	WEDNESDAY October 27	THURSDAY October 28	FRIDAY October 29
Entrée (Please Circle One)	Tarragon Baked Fish Or Hamburger on a Bun	Salisbury Steak w/ Mashed Potatoes Or Cheese Tortellini w/ Garlic Bread	Italian Sausage on a Bun w/ Peppers & Onions, French Fries Or Chicken Fettuccini Alfredo, Dinner Roll	Lemon Baked Fish Or Beef & Cabbage Casserole	Chicken w/ Caper & Wine Sauce Or Honey Dijon Ham
Side Dishes	Mashed Sweet Potatoes Capri Blend Veggies	 Green Beans	 Italian Blend Vegetables	 Rice Peas	 Sweet Potatoes Green Bean Casserole
Dessert (Please Circle One)	Peach Cobbler Or Chilled Apricots	Vanilla Pudding Or Cinnamon Apples	Chocolate Cake Or Chilled Pineapple	Angel Food Cake Or Chilled Pears	Peanut Butter Cookies Or Chilled Peaches
Evening Meal	Turkey and American on Wheat Tossed Lettuce Salad Fresh Fruit	Tuna Salad Sandwich Lettuce & Tomato Pasta Salad Fresh Fruit	Egg Salad on Wheat Lettuce & Tomato Coleslaw Fresh Fruit	Bologna & American on White Lettuce & Tomato Potato Salad Fresh Fruit	Chicken Salad on Rye Tossed Lettuce Salad Fresh Fruit

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